



Cayce/Reilly® School of Massage
Celebrating Over 20 Years of Excellence in Education

JUNE 2009

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Federal Financial Aid:

The Cayce/Reilly School is now approved to offer Federal Financial Aid to students who qualify!

**We are awaiting final documentation and will begin accepting FAFSA applications in the upcoming weeks!*

Starting a Career in Massage Therapy: What You Need to Know

Massage therapy is a healing art as well as a science. It requires a balance of academic and technical knowledge, clinical skills, manual dexterity, sensitivity, and awareness. Nearly everyone has the innate resources to touch another with care and confidence. However, it takes a sincere desire to help others, along with a commitment to the time, energy and focus necessary for the training process in order to become a solid practitioner.

The field of massage therapy is growing rapidly in response to the general public's expanding interest in forms of healthcare that promote the well-being of body, mind, and spirit. According to the US Department of Labor, employment opportunities for massage therapists are expected to grow faster than the average rate. Through 2012, massage therapists are likely to see a 20% to 35% increase in job opportunities.

Pursuing a career in massage therapy usually involves three steps:

1. Completing a training program that will qualify you to practice in the location you choose
2. Becoming nationally certified by passing the National Certification Exam for Therapeutic Massage and Bodywork
3. Meeting the requirements of your state or municipality (e.g. obtain licensing or another credential as required)

Choosing a Massage School

Because of the expected growth in the massage industry several massage programs have recently come into existence, however, not all of these programs are created equal. Here are some helpful hints to consider when shopping for a massage school:

- Collect information about several programs – attend an open house or orientation, interview graduates of the school, read catalogues or audit a class;
- Consider your career intentions – some programs focus on relaxation massage techniques while others target rehabilitation/medical applications;
- Review the curriculum to make sure that the style(s) of massage taught match what you want to learn;
- Be aware of time requirements for a particular program. Make sure your other obligations will allow enough time to study and practice outside of class;
- Examine the credentials and experience of the faculty;
- Find out whether the educational philosophy of the program and the faculty agree with your own views about health, healing, and the purpose and use of massage therapy;
- Receive a massage therapy session from the faculty, graduates and/or student clinic;
- Request information about student services – post-graduate job placement, tutoring, continuing education, financial aid, etc.; consider tuition, fees, any other costs, the availability of financial aid and the quality of the program. Remember to budget in additional funds for a massage table, books and supplies

Cayce/Reilly School Quick Facts:

Class Ratio: 24:2. There is 1 instructor for every 10 students in class

Student Completion

Rate: About 95% of students who begin our program graduate.

Pass Rate for National Certification Exam: 95%

Approvals & Accreditations:

- Certified to operate as a proprietary school by the State Counsel of Higher Education Virginia (SCHEV)
- Accredited by Commission on Massage Therapy Accreditation (COMTA)
- Member of the American Massage Therapy Association (AMTA)
- Approved by the National Certification Board for Massage & Bodywork (NCBTMB)
- Approved by the Florida Board of Massage Therapy as a continuing education provider

Choose the Leader ... Choose the Cayce/Reilly® School of Massotherapy

As the Cayce/Reilly School of Massotherapy celebrates over 20 years as a leader in holistic education, wellness, and healthcare, the mission of the school remains much the same – to provide a quality, comprehensive education in both the art and science of massage therapy. The Cayce/Reilly School of Massotherapy prides itself on a unique curriculum that draws upon the wealth of insights on holism, healing and personal transformation contained in the Edgar Cayce material.

Here are some answers to frequently asked questions about the Cayce/Reilly massage therapy diploma program:

Who accredits your school?

The Commission on Massage Therapy Accreditation (COMTA). This organization has been recognized by the US Department of Education for their work with massage therapy schools to ensure that their educational standards demonstrate quality, performance and integrity of higher learning.

Why is this important?

Accreditation is a voluntary process that identifies and acknowledges educational programs and/or institutions for achieving and maintaining a level of quality, performance and integrity that meets meaningful standards within the industry. The review process for accreditation is comprehensive and includes all facets of the school: administrative practices, curriculum, student affairs, faculty competence, and relationship with employers of graduates. An accredited school is one that meets these standards of excellence.

The Cayce/Reilly School has held COMTA accreditation since 1996. The staff and faculty are proud of this achievement and work diligently to maintain these standards of excellence. COMTA is an organization that is highly respected within the massage industry, and graduating from a COMTA-accredited school is an added advantage as you make your way into practice.

What are the qualifications of your instructors?

All of our instructors are certified in the subjects they teach. For example, we have chiropractors and certified science teachers in anatomy, and a certified reflexologist instructing reflexology. Our assistant instructors must be in the business for one year prior to being hired in our school and they must be certified to practice as a massage therapist in Virginia.

How do you assist in job placement?

Graduates of the Cayce/Reilly School are highly sought after by employers. This competitive edge allows us to maintain an up-to-date database of job opportunities. As you approach graduation, it is to your advantage to utilize this benefit. Also, as an alumni you will be emailed with the most recent additions to the job opportunity database.

We realize the importance of choosing a massage school, especially one that truly fits your needs and aspirations, that's why we encourage you to visit the Cayce/Reilly School for both a tour and a more personal meeting. **For more information please call 757.457.7270 or visit us at EdgarCayce.org/massageschool**

Now Enrolling for September Classes!

If you would like to visit the school, tour the beautiful campus, or sit-in on a class, call us at : 757.457.7270 or by Email:

cayceschool@edgarcayce.org

Your Journey Begins Here...

Want to know more about the Cayce/Reilly School? Visit our website & community pages at:

Website:

www.edgarcayce.org/massageschool

Facebook:

www.facebook.com

MySpace:

www.myspace.com/caycereillyschool

Foot Reflexology

Interview with Reflexologist and Cayce/Reilly Instructor Juliebeth Mezzy

Reflexology is the study of reflexes in the feet, which correspond to all parts of the body, including glands and organs. It is a therapy that uses a specific pressure technique. Reflexology dates back at least 5000 years when some form of pressure therapy was practiced in China, India and Egypt; a wall painting, found in the tomb of an Egyptian physician shows such treatment being administered.

The Cayce/Reilly School recognizes alternative healing therapies, such as reflexology, as having a valuable impact on overall health and wellness. Cayce/Reilly students will not only learn massage therapy, but will also have an introductory course in reflexology.



Nationally Certified Massage Therapist and Certified Reflexologist Juliebeth Mezzy has been an instructor at the Cayce/Reilly School for over eight years, teaching reflexology to students in the massage therapy program, as well as reflexology certification workshops with the school's Continuing Education program.

How is reflexology beneficial to a person's overall health?

Reflexology relieves stress and tension and improves nerve and blood supply. Helps balance body function. Stress has a direct link to our health and vitality. Reflexology is an easy fun way to relieve stress. Not to mention that it feels fantastic.

What can a reflexologist tell about a person's overall health?

We do not diagnose, treat, or prescribe under any circumstances as we are not doctors. We do, however, see many coincidences relating to a person's overall health and the reflex areas on their feet that correspond to problem areas in other parts of the body.

How does reflexology differ from a foot massage?

The difference between a foot massage and a reflexology session is "knowledge". However, the result is the same- relaxation and increased circulation throughout the body.

When the body is relaxed, it repairs itself. Reflexologists work specifically with intention and have knowledge of the reflexes and how the body works.

How has reflexology benefited you in your life?

Reflexology has brought incredible joy to my life. Giving it, receiving it, teaching it & watching others come to love it as much as I do.

Juliebeth maintains a private practice in Virginia Beach VA. If you would like more information on reflexology and other services she provides, please visit: <http://www.amobilemassage.com> or call 757-286-6435

The Cayce/Reilly School offers reflexology sessions in our student clinic. To schedule a session, please call 757.457.7146.

Weekend 🌿 Workshops

Explore these therapy techniques in our upcoming weekend workshops. These workshops are open to everyone.

July 10-12 Jin Shin Do, Body Mind Awareness

Friday & Saturday 9- 6:30 pm; Sunday, 9 am – 6 pm

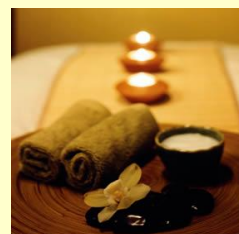
Learn techniques to help your clients get “back in touch” with themselves through relaxation, breathing, visualization, and mindfulness; learn ways to respond when emotions surface through active listening and body focusing; learn how to give your clients techniques for identifying and amplifying wellness. For more information, visit www.bodymindeast.com



July 12 Spa Essentials

Sunday 8-6pm

Spa Essentials introduces the student to the use of poultices, herbs, essential oils, ointments and lymphatic drainage for the purpose of relieving stress, pain from sprains and strains, toxins and inflammation. You'll receive enough of an understanding to design strategies for taking the things they learn immediately into their homes and practices.



July 17-19 Aromatherapy, Level II

Friday & Saturday 8:30 – 6 pm; Sunday 9– 5 pm

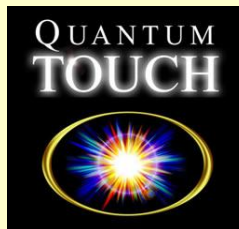
Aromatherapy II is a continuation of the first level of Aromatherapy. During this workshop, we will focus on specific therapies to experience how Essential Oils can have an effect on the body's systems and will learn about at least 15 more Essential Oils. The chemistry of Essential Oils will also be discussed to bring a broader understanding of this wonderful gift of nature.



June 27-28 Quantum Touch, Basic

Saturday & Sunday, 9-5 pm

Quantum-Touch (QT) is an easy-to-learn method of hands-on healing that uses the scientific principles of resonance and entrainment – combined with very specific breathing techniques and simple body awareness exercises – to create a powerful, yet natural, field of healing energy. Please visit www.quantumtouch.com for more information.



July 24-26 Reflexology III

In Level III you'll work on perfecting routines from Levels I and II. Another full routine is taught as well as practice for more hand reflexology. Students also learn foot and leg anatomy as well as some common foot pathologies. Web site:

www.amobilemessage.com



For more information about our Continuing Education Program or to register:

www.edgarcayce.org/massageschool/ce

workshops@edgarcayce.org

757.428.3588 x7285

The Student Clinic at the Cayce/Reilly School offers massage and reflexology sessions! The clinic is open Monday – Saturday.

Call 757.457.7146 to book your appointment!